



Breakfast
CLUB
of Canada

**A Breakfast Program
for Your Students in the
Middle of a Pandemic...
Yes, It's Possible!**



MEQ – Breakfast Club of Canada Partnership

As of June 2018, all elementary and high schools in Quebec's low-income communities with a socioeconomic indicator (ISME) of 8, 9 or 10 have been eligible to set up a breakfast program with support from Breakfast Club of Canada or another organization with experience in food safety in a school setting. BCC works with schools to help them establish and operate their own breakfast programs. A total of 472 schools in Quebec are currently running a breakfast program, 27 of which started this fall, despite the pandemic.

Running a Breakfast Program in the Time of COVID-19

At Breakfast Club of Canada, we have adjusted our breakfast program to meet the current realities so that students can continue to start their day with a balanced meal in a nourishing and comforting environment.

This approach is consistent with public health recommendations and our own organizational guidelines. **Food preparation and handling is minimized under this adapted formula, which is based on our usual cold menu but limited to individually packaged items served in the classroom.**

For further details, see the all-in-one adapted breakfast program toolkit.



What Can the Club Do to Help?

Support from BCC

Club Coordinator



A Club coordinator will support you every step of the way: from rolling out the program, to training those involved, to keeping things running smoothly over the long term.

Two types of support available



Each school can choose between **food deliveries** from our warehouse and **financial support** to purchase food locally.

Equipment



A needs assessment will be conducted with your Club coordinator to determine what equipment your school needs to get your program started. Once this is done, the necessary equipment will be provided.

Resources and training



A wealth of information and tools can be found in the [School's Corner](#) section of our website.

Community support



You can even team up with local organizations to facilitate start-up or ongoing operations.

Plan your breakfast program... one step at a time!

How to Get Started

A BCC coordinator will get in touch with you to better understand your needs and the specific realities of your school. They will also answer any questions you may have. They will then guide you through the setup process so that your program gets off to a good start. Expect this process to take about a 2 - or 3 - months before you can finally serve your first breakfast.

1 Application for support

Fill out an [online application](#) and include a copy of your Governing Board resolution.

2 Club coordinator

Work with your coordinator to select the most suitable program for your school.

3 Premises and equipment

Set up an area where food will be stored and prepared and have the required equipment delivered. Set up a realistic plan for receiving and storing your deliveries.

4 Site coordinator and other team members

Have your school appoint a site coordinator to oversee the program. Arrange training for team members through BCC.

5 Partnership agreement

Sign the partnership agreement between the school and BCC.

6 And you're off!

Way to go! You'll be serving your first breakfast to students in no time!

Doing Good... So They Can Do Great!

School breakfast programs impact students on many levels.* By providing an adapted breakfast program, you'll be making an immediate, positive and meaningful contribution to their health and well-being. Breakfast is a great way to reassure students and a great opportunity to start their day in a caring, nurturing environment. Here are some of the ways a breakfast program makes a difference in students' lives:



Create
a caring,
inclusive
school
community



Improve
learning
capacities



Alleviate
hunger-
related stress



Improvement
in students'
behavior



Foster
students' sense
of engagement
and belonging

*During the 2015–2016 school year, 357 schools in our Canada-wide network responded to our survey, which included an open-ended question on the most SIGNIFICANT CHANGE they had observed as a result of their partnership with Breakfast Club of Canada. These are the results of this survey.

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“Our breakfast program has had such a great impact on our kids. Teachers have reported that their students are much more focused and class participation is better. Seeing their smiles and their eyes light up when they get their breakfast, hearing everything they have to say, witnessing all these positive effects first-hand and watching them discover new foods — these are just some of the things we experience every day thanks to Breakfast Club of Canada.”

Pauline Dubé
Teacher

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To find out more about our breakfast programs:



One of the biggest strengths of our organization lies in our ability to adapt to the individual realities and challenges of every school. This [video](#) offers a vivid illustration of what is involved in operating a school breakfast program.

Psst!

Outside of the pandemic context, the Club has several models of breakfast programs to chose from. To know more about these different options, watch [the video Let's make it happen together!](#)

(video was filmed before the release of the new Canadian Food Guide)

For more information on our organization, please visit our [website](#).

How to get started

Contact us! We'd love to hear from you.

programs@breakfastclubcanada.org

